



**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY ORDER – Rotator Cuff Repair (massive)**

Sling for 6 weeks.

**Phase 1 - (QUIET)**

Week 0-4  
Quiet in sling  
Work on elbow/wrist/hand/finger motion  
Begin active scapular retraction/protraction exercises with therapist cueing

**Phase 2 - (PASSIVE)**

Week 5-8  
*Pendulums to warm-up beginning week 5*  
Supine External Rotation – 0 to 30 degrees beginning at 5 weeks with progression to full passive range of motion by 8 weeks  
Supine Forward Elevation – 0-90 degrees beginning at 5 weeks with progression to full passive range of motion by 8 weeks  
*\*progress to upright as tolerated with ER and FE*

**Phase 3 - (ACTIVE)**

*Pendulums to warm up and continue with phase 2*  
Week 9-12  
Active Range of Motion with terminal stretch  
Supine External Rotation – after 8 weeks progress gradually to full  
Supine Forward Elevation – after 8 weeks progress gradually to full  
Begin active biceps  
Internal rotation – Full (begin behind the back)  
Begin AROM in supine and progress to upright

**Phase 4 – (RESISTED)**

Week 13  
*Pendulums to warm up and continue with phase 3*  
External and Internal Rotation  
Standing forward punch  
Seated rows  
Shoulder shrugs and biceps curls

**Weight Training**

Week 16  
Keep hands within eyesight, keep elbows bent, no long lever arms.  
Minimize overhead activities (below shoulder)  
(No military press, pull-down behind head, or wide grip bench)

Full return for strength and function may take approximately 8-12 months